Module 2 TED Talk/Video Assignment

Section 1: Performance and Relational Character Strengths

Based on the webinar "Transforming Character Strengths into Productive Results," I have selected four Performance Character Strengths and four Relational Character Strengths that best exemplify me. Below is the structured response as required.

Performance Character Strengths (Yellow Chart)

1. **Resilience**
    - **Defined in My Words:** The ability to bounce back from setbacks, keep pushing forward despite difficulties, and maintain a strong mindset in the face of adversity.
    - **Importance to Me:** Resilience is key because challenges are inevitable in both sports and life. Being able to adapt and overcome makes me a stronger athlete and person.
    - **Example in Sports:** A basketball player misses a game-winning shot but doesn’t dwell on failure. Instead, they practice harder and come back stronger in the next game.
2. **Self-Discipline**
    - **Defined in My Words:** The ability to stay focused, maintain good habits, and consistently put in the effort needed to achieve goals.
    - **Importance to Me:** Self-discipline keeps me on track. Without it, distractions and excuses can easily derail progress.
    - **Example in Sports:** A soccer player wakes up early to train even when they don’t feel like it, knowing that consistent effort leads to improvement.
3. **Perseverance**
    - **Defined in My Words:** The determination to keep going, no matter how difficult things get.
    - **Importance to Me:** Perseverance means refusing to quit when things get tough, which is essential for achieving long-term success.

- **Example in Sports:** A marathon runner pushes through exhaustion and pain in the final miles to finish the race strong.

4. **Accountability**
    - **Defined in My Words:** Taking responsibility for actions and decisions, whether good or bad.
    - **Importance to Me:** It ensures that I hold myself to high standards and don't make excuses when things don't go as planned.
    - **Example in Sports:** A quarterback throws an interception and instead of blaming a teammate, takes responsibility and focuses on improving.

Relational Character Strengths (Pink Chart)

1. **Respect**
    - **Defined in My Words:** Treating others with kindness, listening to different perspectives, and valuing everyone's contributions.
    - **Importance to Me:** Respect builds trust and strong relationships, whether on a team or in life.
    - **Example in Sports:** A tennis player acknowledges an opponent's good shot instead of arguing with the referee about a call.
2. **Empathy**
    - **Defined in My Words:** Understanding and sharing the feelings of others, offering support when needed.
    - **Importance to Me:** It allows me to connect with teammates, help them through struggles, and create a positive environment.
    - **Example in Sports:** A team captain notices a struggling teammate and offers encouragement to boost their confidence.
3. **Integrity**
    - **Defined in My Words:** Doing the right thing even when no one is watching.

- **Importance to Me:** Integrity is what separates a true leader from the rest. It’s about being honest and making ethical choices.
- **Example in Sports:** A golfer calls a penalty on themselves for an unnoticed infraction, even though no one else saw it.

4. **Teamwork**
    - **Defined in My Words:** Working well with others to achieve a common goal.
    - **Importance to Me:** No success happens alone. Supporting teammates and building strong relationships leads to success.
    - **Example in Sports:** A basketball player passes up a contested shot to give a teammate a better scoring opportunity.

Section 2: Applying Character Strengths in Interactions

Character strengths are not just words on a page; they are guiding principles that influence my daily interactions. As a coach, teammate, or professional, I make a conscious effort to apply these strengths consistently.

I incorporate **respect** by listening to different perspectives and valuing others' input, whether it's a teammate, coach, or coworker. **Empathy** helps me build meaningful connections—when I notice someone struggling, I check in and offer support. **Integrity** ensures I stay true to my word, hold myself accountable, and encourage honesty in those around me. Lastly, **teamwork** is something I emphasize in every group setting, recognizing that collaboration leads to success.

By being intentional in using these strengths, I create a positive and productive environment, whether in sports or life.